ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Health & Fitness Ltd.
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

Tel: Country Code: 0345-089009

0345-089009

Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEEVBE70400)

2. The NAME of the product (WEIDER® PRO 205 weight bench)

3. The SERIAL NUMBER of the product (see the front cover of this manual)

4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 14 of this manual).

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

Part No. 172314 R1200A

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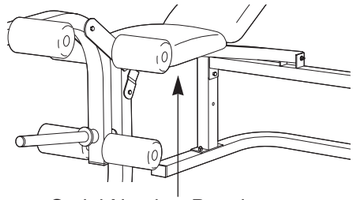
WEIDER® PRO 205

Model No. WEEVBE70400
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

0345-089009

Or WRITE:
ICON Health & Fitness Ltd.
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

Visit our website at

www.proform.com

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IMPORTANT PRECAUTIONS

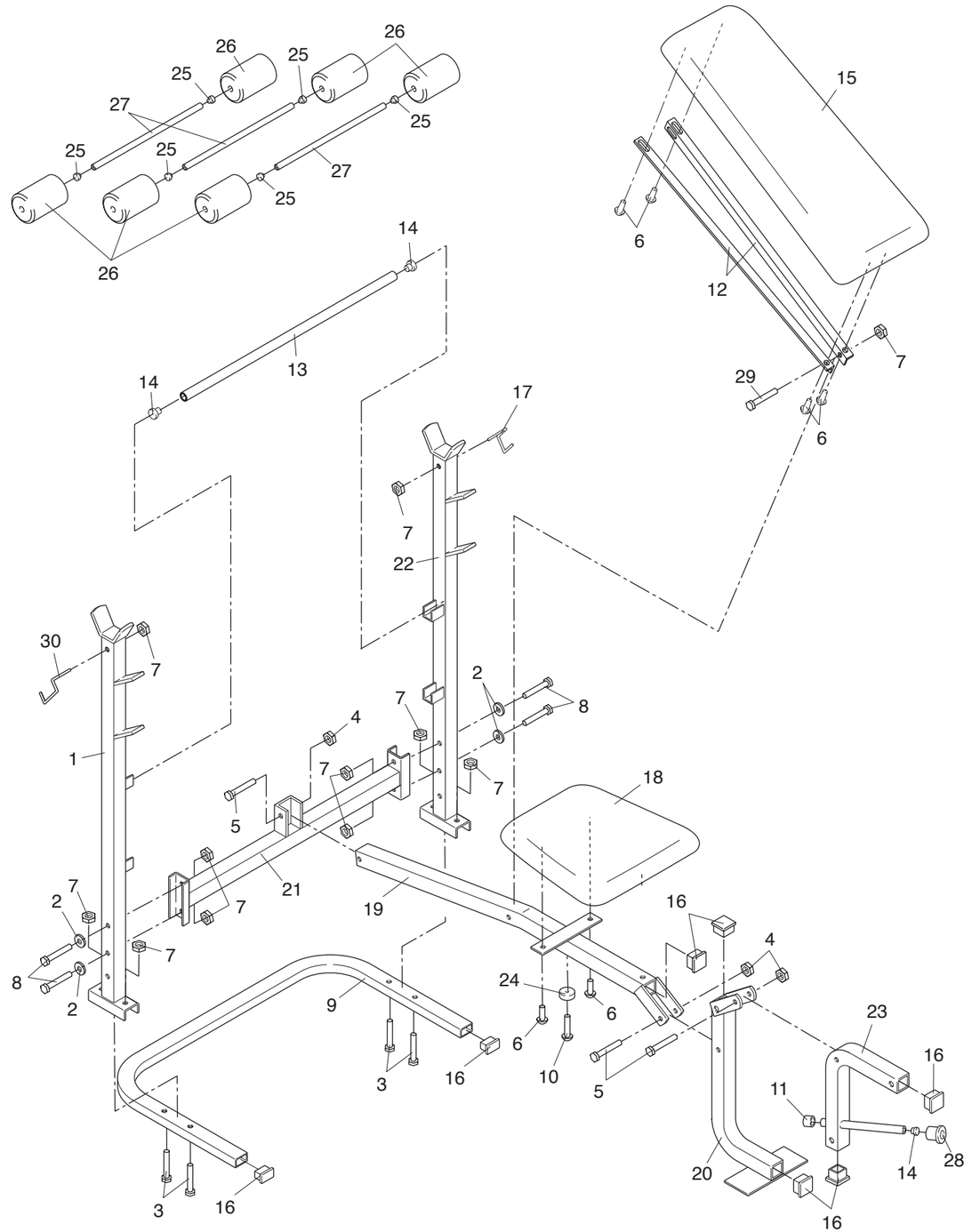
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench.**
2. **Use the weight bench only as described in this manual.**
3. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor or carpet.**
4. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
5. **Keep children under the age of 12 and pets away from the weight bench at all times.**
6. **Keep hands and feet away from moving parts.**
7. **Always wear athletic shoes for foot protection whilst exercising.**
8. **Do not use a barbell (not included) that is longer than five feet with the weight bench.**
9. **Always make sure that there is an equal amount of weight on each side of your barbell when you are using it.**
10. **The weight bench does not include weights. The weight bench is designed to support a maximum of 230 kg, including the user, a barbell, and weights. Do not place more than 140 kg, including a barbell and weights, on the weight rests. Do not place more than 68 kg on the leg lever.**
11. **When using the backrest, make sure that the adjustment tube is firmly seated in the adjustment brackets on the uprights.**
12. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
13. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
14. **This bench is intended for in home use only. Do not use the wieght bench in any commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXPLODED DRAWING—Model No. WEEVBE70400

R1200A



PART LIST—Model No. WEEVBE70400

R1200A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	17	1	Right Barbell Lock Pin
2	4	M8 Washer	18	1	Seat
3	4	M8 x 48mm Carriage Bolt	19	1	Bench Frame
4	3	M10 Nylon Locknut	20	1	Front Leg
5	3	M10 x 75mm Bolt	21	1	Cross Brace
6	6	M6 x 16mm Screw	22	1	Right Upright
7	11	M8 Nylon Locknut	23	1	Leg Lever
8	4	M8 x 68mm Bolt	24	1	Bumper
9	1	Base	25	6	3/4” Round Inner Cap
10	1	M4 x 25mm Screw	26	6	Foam Pad
11	1	1” Angled Round Cap	27	3	Pad Tube
12	2	Backrest Bracket	28	1	Weight Stop
13	1	Adjustment Tube	29	1	M8 x 75mm Bolt
14	3	1” Round Inner Cap	30	1	Left Barbell Lock Pin
15	1	Backrest	#	1	User’s Manual
16	7	38mm x 50mm Inner Cap			

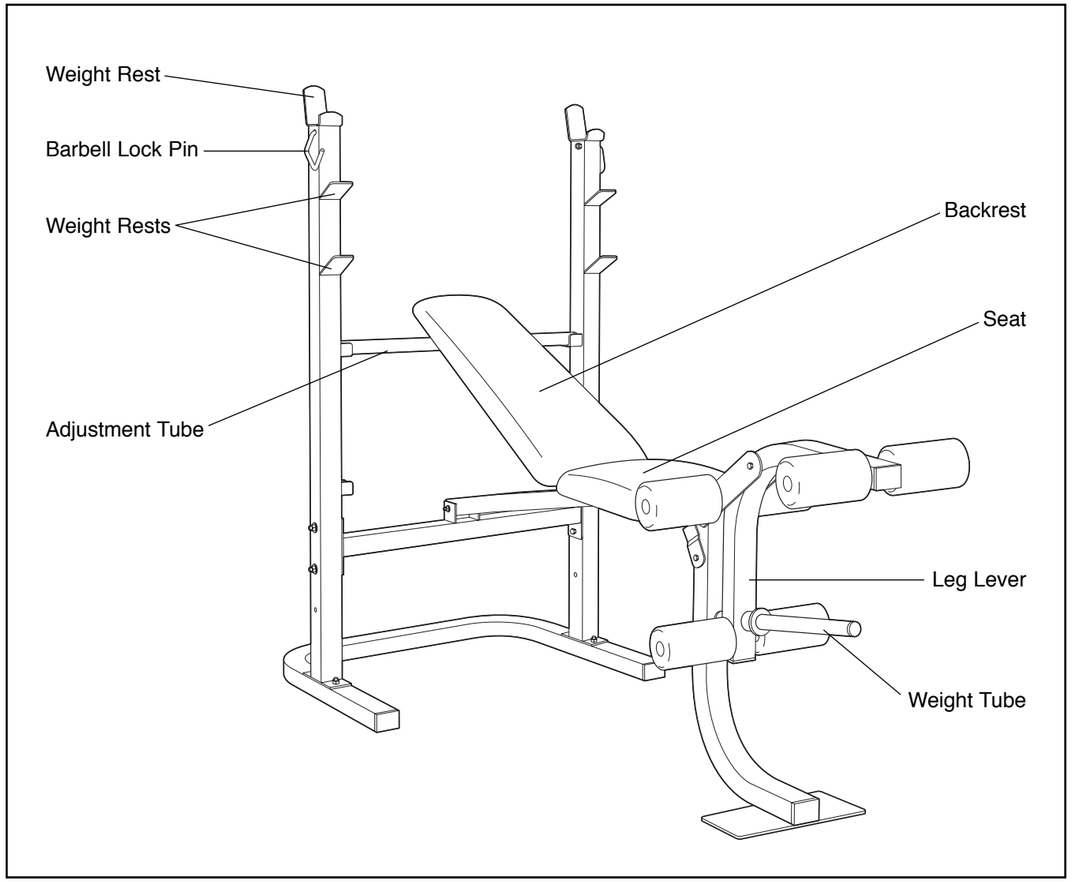
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 205 weight bench. The versatile PRO 205 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 205 weight bench will help you to achieve the specific results you want.

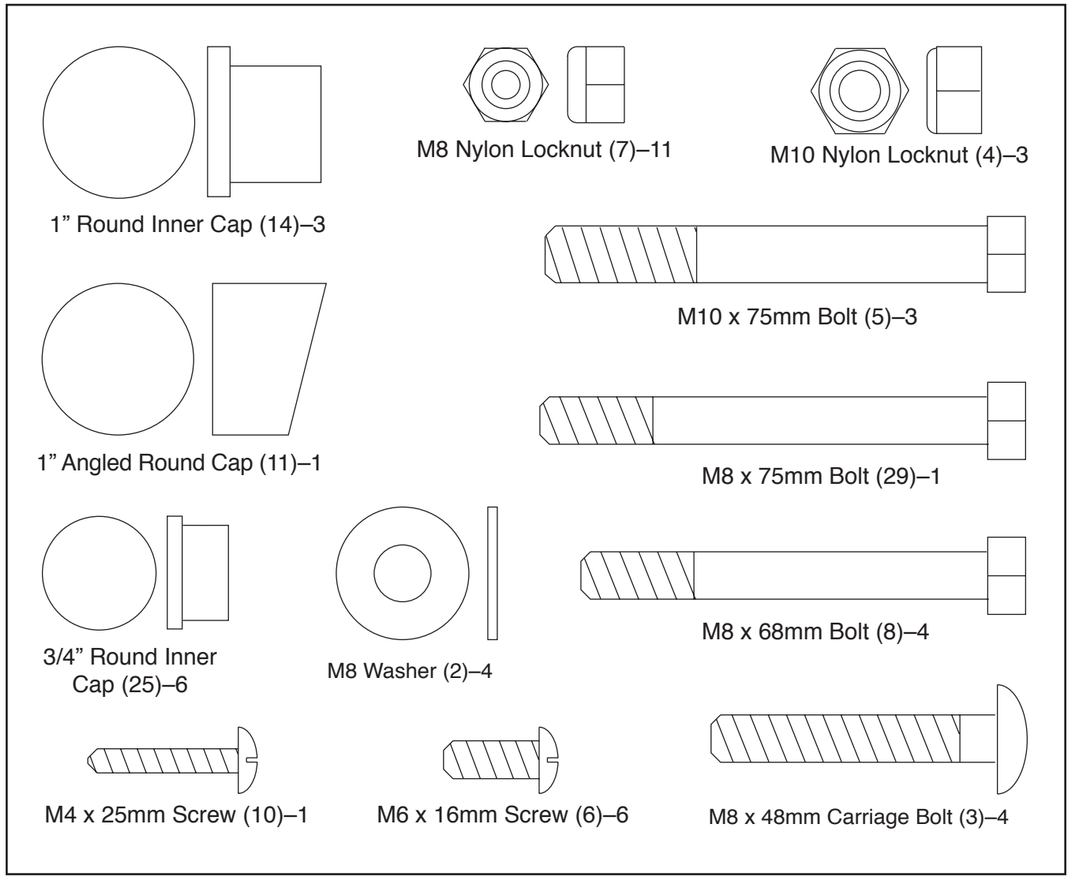
For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE70400. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


1” Round Inner Cap (14)–3
M8 Nylon Locknut (7)–11
M10 Nylon Locknut (4)–3
M10 x 75mm Bolt (5)–3
1” Angled Round Cap (11)–1
M8 x 75mm Bolt (29)–1
3/4” Round Inner Cap (25)–6
M8 Washer (2)–4
M8 x 68mm Bolt (8)–4
M4 x 25mm Screw (10)–1
M6 x 16mm Screw (6)–6
M8 x 48mm Carriage Bolt (3)–4

MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
___/___/___

AEROBIC EXERCISE

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
___/___/___

AEROBIC EXERCISE

FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

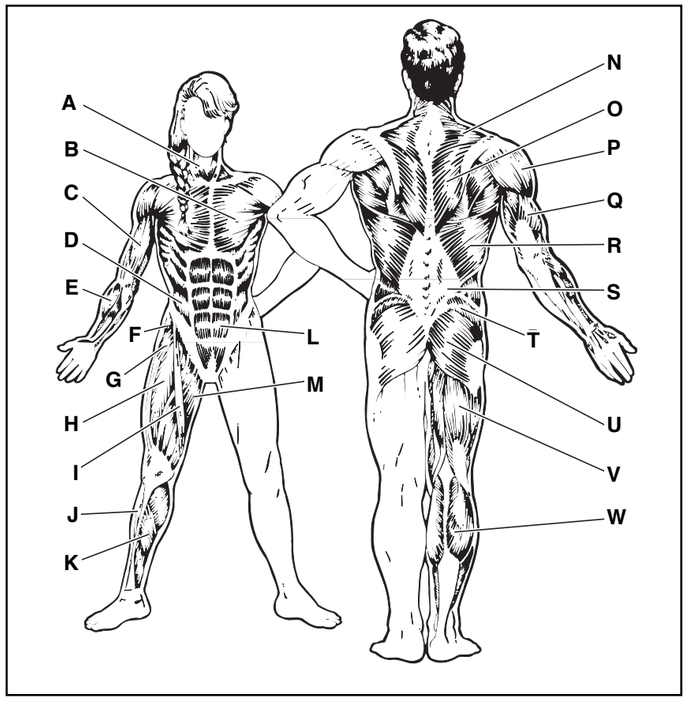
STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the weight bench in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART on page 4.** Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable spanners**
- **One (1) standard screwdriver**
- **One (1) rubber mallet**
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

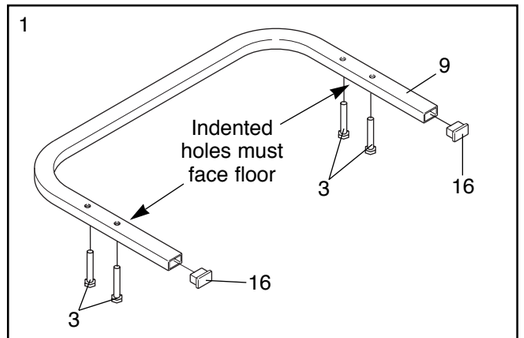
   Set the Base (9) on the floor. The indented holes in the Base must be facing the floor.

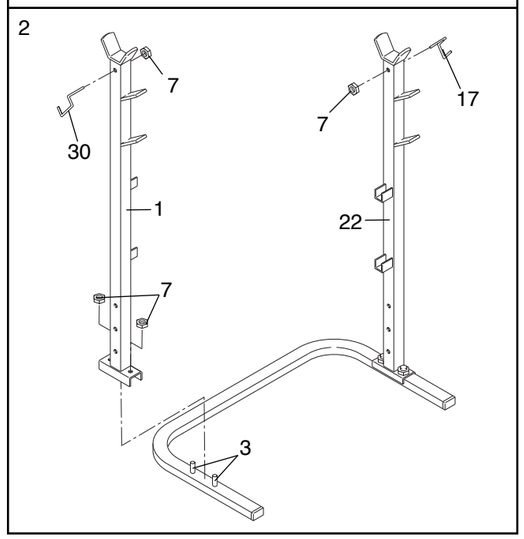
   Press two 38mm x 50mm Inner Caps (16) into the Base (9). Insert four M8 x 48mm Carriage Bolts (3) up through the Base.

2. Slide the Left Upright (1) onto the indicated M8 x 48mm Carriage Bolts (3). Hand tighten an M8 Nylon Locknut (7) onto each Carriage Bolt. Make sure that the Upright is turned as shown. **Do not tighten the Nylon Locknuts yet.**

   Attach the Right Upright (22) in the same manner.

   Attach the Left Barbell Lock Pin (30) to the Left Upright (1) with an M8 Nylon Locknut (7). Attach the Right Barbell Lock Pin (17) to the Right Upright (22) in the same manner.

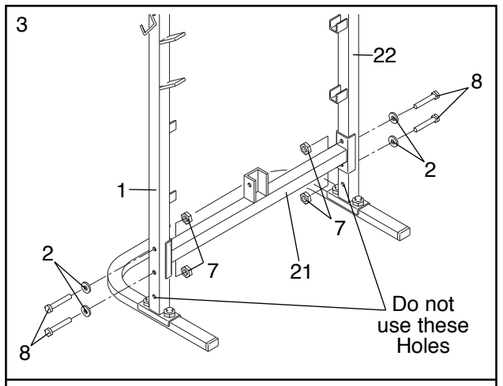




3. Attach the Cross Brace (21) to the Left Upright (1) with two M8 x 68mm Bolts (8), two M8 Washers (2), and two M8 Nylon Locknuts (7). **Use the upper two holes, as shown.**

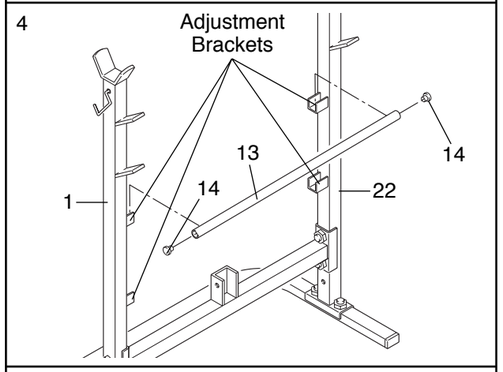
   Attach the Cross Brace (21) to the Right Upright (22) with two M8 x 68mm Bolts (8), two M8 Washers (2), and two M8 Nylon Locknuts (7).

   Tighten all M8 Nylon Locknuts (7) used in steps 2 and 3.



4. Press a 1" Round Inner Cap (14) into each end of the Adjustment Tube (13).

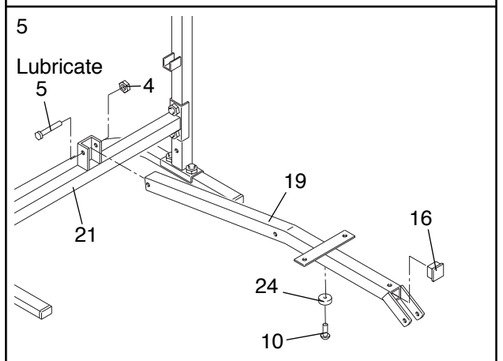
   Set the Adjustment Tube (13) into one set of adjustment brackets on the Left and Right Uprights (1, 22).



5. Lubricate an M10 x 75mm Bolt (5). Attach the Bench Frame (19) to the Cross Brace (21) with the M10 x 75mm Bolt and an M10 Nylon Locknut (4). **The Bench Frame must be turned as shown. Do not overtighten the Nylon Locknut.**

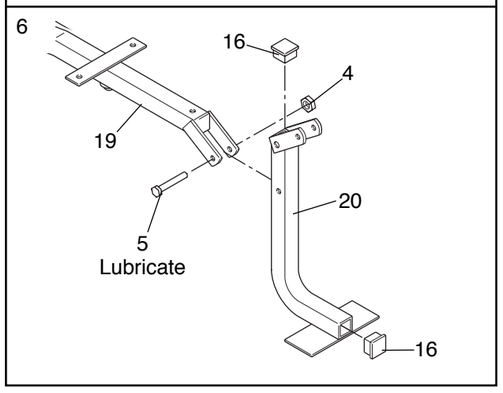
   Attach the Bumper (24) to the Bench Frame (19) with an M4 x 25mm Screw (10).

   Press a 38mm x 50mm Inner Cap (16) into the Bench Frame (19).



6. Press a 38mm x 50mm Inner Cap (16) into each end of the Front Leg (20).

   Lubricate an M10 x 75mm Bolt (5). Attach the Front Leg (20) to the Bench Frame (19) with the M10 x 75mm Bolt and an M10 Nylon Locknut (4). **Do not overtighten the Nylon Locknut.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted.

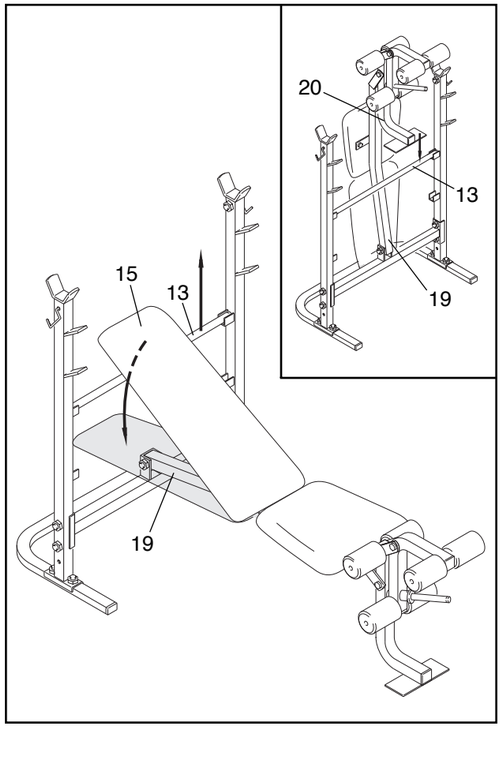
The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle-building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

STORING THE WEIGHT BENCH

The weight bench is designed to be folded into a compact storage position when it is not in use.

First remove the Adjustment Tube (13). Lay the Backrest (15) on the Bench Frame (19).

Fold up the Bench Frame (19), as shown in the inset drawing. Fold down the Front Leg (20). **Set the Adjustment Tube (13) into the upper adjustment brackets to hold the Bench Frame in place.**



7. Press two 38mm x 50mm Inner Caps (16) into the Leg Lever (23). Press a 1" Round Inner Cap (14) into the Leg Lever. Press a 1" Angled Round Cap (11) onto the Leg Lever.

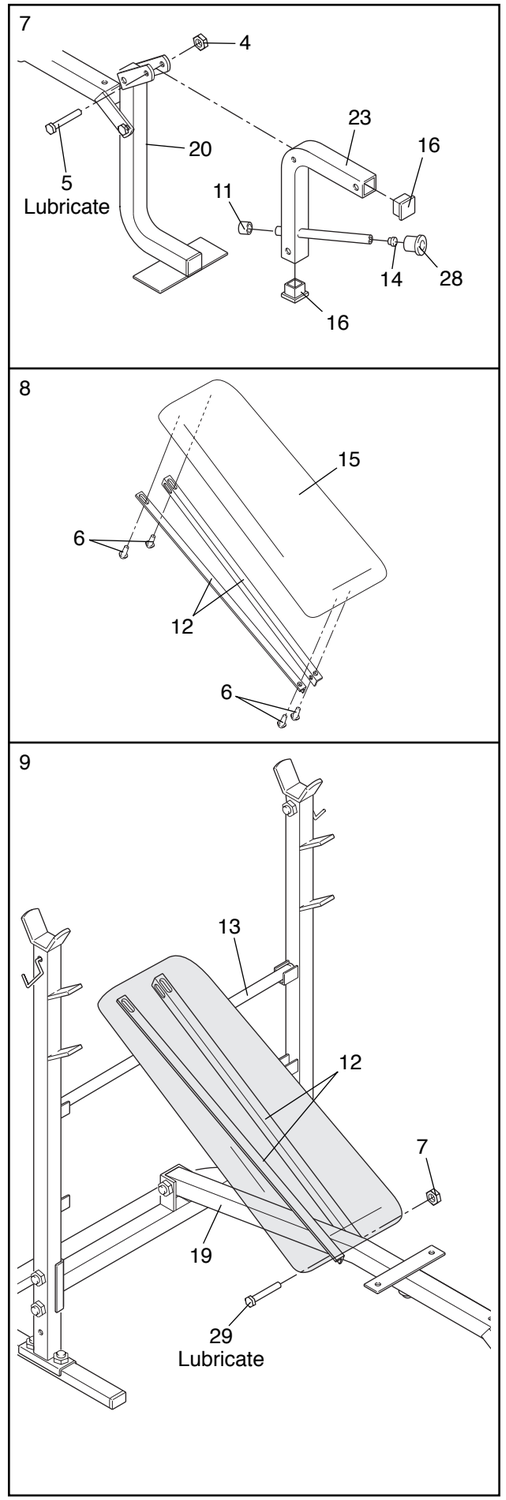
   Lubricate an M10 x 75mm Bolt (5). Attach the Leg Lever (23) to the Front Leg (20) with the M10 x 75mm Bolt and an M10 Nylon Locknut (4). **Do not overtighten the Nylon Locknut.**

   Slide the Weight Stop (28) onto the Leg Lever (23).

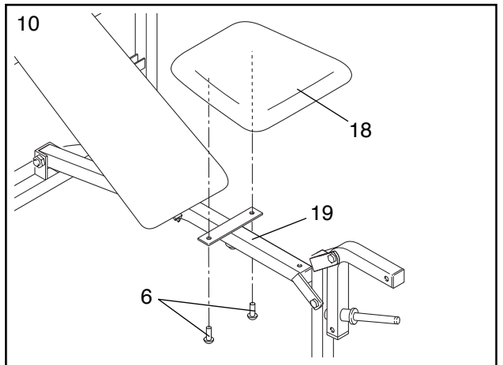
8. Attach both Backrest Brackets (12) to the Backrest (15) with four M6 x 16mm Screws (6). **The Backrest must be oriented as shown.**

9. Lubricate an M8 x 75mm Bolt (29). Attach the Backrest Brackets (12) to the Bench Frame (19) with the M8 x 75mm Bolt and an M8 Nylon Locknut (7). **Do not overtighten the Nylon Locknut.**

   Rest the Backrest Brackets (12) on the Adjustment Tube (13).



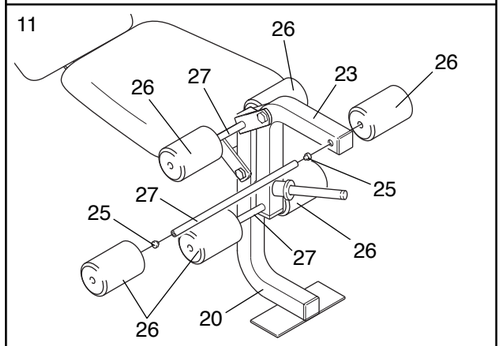
10. Attach the Seat (18) to the Bench Frame (19) with two M6 x 16mm Screws (6).



11. Press 3/4” Round Inner Caps (25) into the ends of the three Pad Tubes (27).

    Insert a Pad Tube (27) into the indicated hole in the Leg Lever (23). Insert another Pad Tube into the other hole in the Leg Lever. Insert the remaining Pad Tube into the hole in the Front Leg (20).

    Slide two Foam Pads (26) onto each Pad Tube (27).



12. Make sure that all parts have been tightened properly. The use of all remaining parts will be explained in ADJUSTING THE WEIGHT BENCH, beginning on page 9 of this manual.

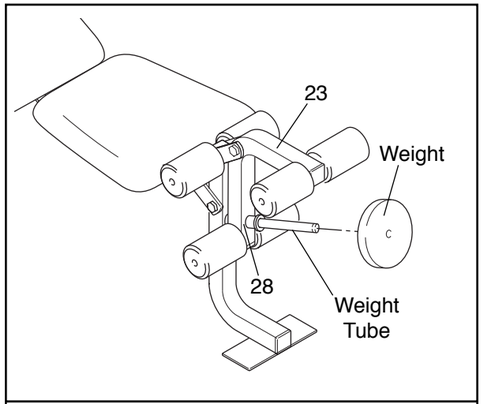
ADJUSTING THE WEIGHT BENCH

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 11 for important exercise information. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (23), make sure that the Weight Stop (28) is on the weight tube. Then, slide the desired amount of weight (not included) onto the weight tube.

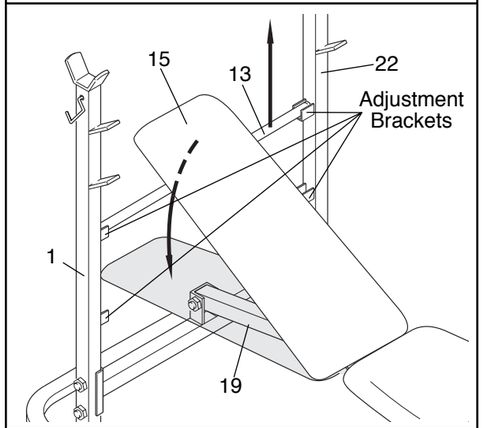


ADJUSTING THE BACKREST

The Backrest (15) can be set at three different positions: the incline position, the level position, and the decline position.

To change the position of the Backrest (15) to either the incline position or the level position, move the Adjustment Tube (13) to a different set of adjustment brackets on the Left and Right Uprights (1, 22). Set the Backrest onto the Adjustment Tube.

To change the position of the Backrest (15) to the decline position, remove the Adjustment Tube (13). Set the Backrest on the Bench Frame (19).



LOCKING THE BARBELL

To change weights whilst your barbell (not included) is on the Uprights (1, 22), secure your barbell with the Barbell Lock Pins (17, 30). This will reduce the possibility of the barbell tipping whilst you change weights. **Place the same amount of weight on both ends of the barbell.**